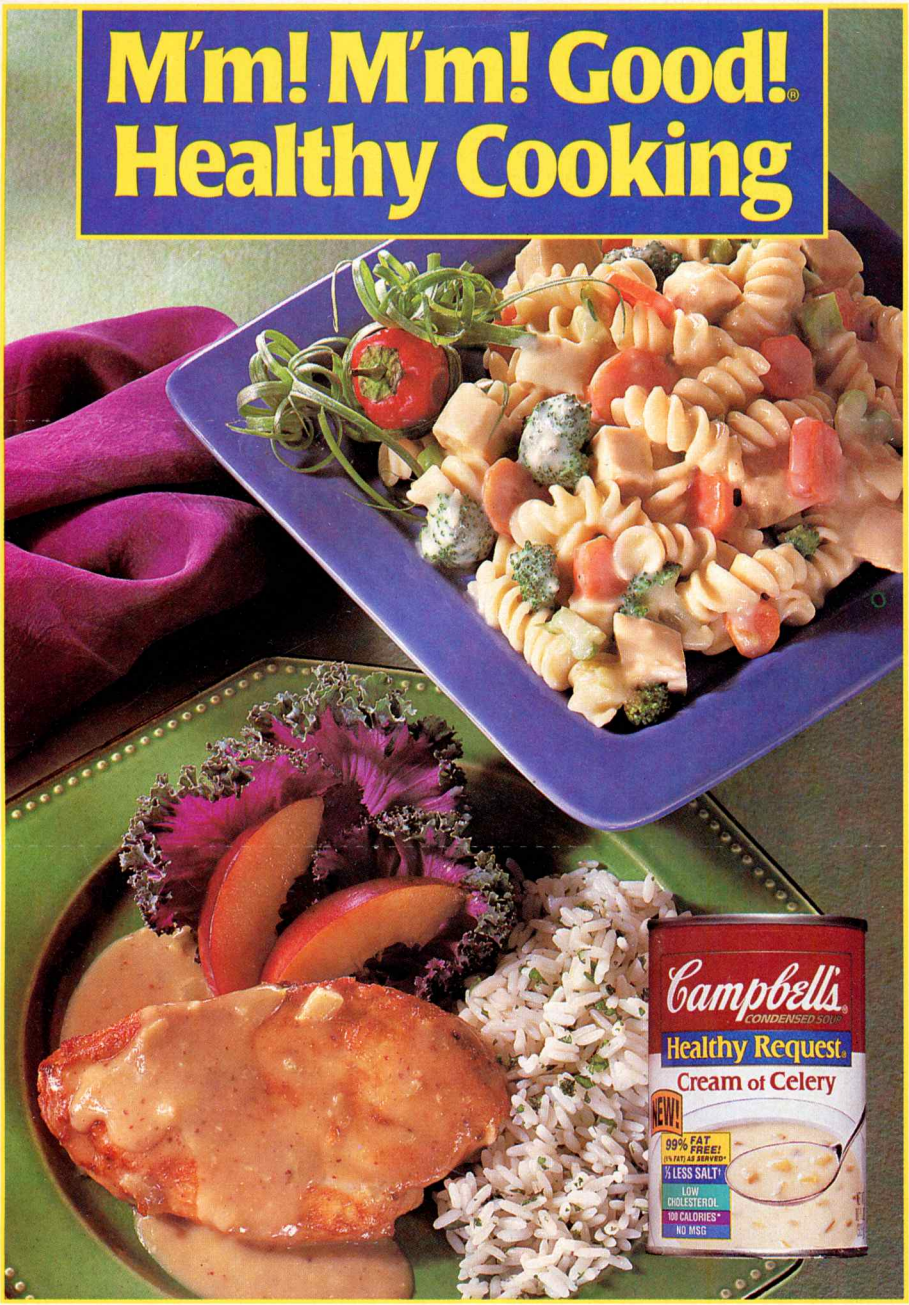


OCTOBER 1993 - COPY E

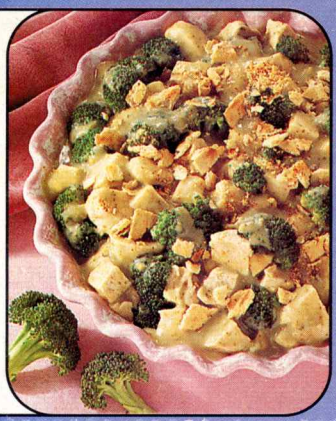
Chicken Broccoli Divan

Prep Time: 15 min. **Cook Time: 20 min.**

- **1 lb. fresh broccoli, cut into spears, cooked and drained**
- **1 cup cubed cooked chicken**
- **1 can (10 ¾ oz.) Campbell's® Healthy Request® Condensed Cream of Broccoli Soup**
- **½ cup skim milk**
- **⅛ tsp. pepper**
- **4 low-salt saltine crackers, coarsely crushed**
- **1 tbsp. grated Parmesan cheese**
- **½ tsp. paprika**

1. In 2-qt. shallow casserole, arrange broccoli; top with chicken. Combine soup, milk and pepper; pour over chicken.
2. Combine crushed crackers, cheese and paprika; sprinkle over chicken. Bake at 450°F. 20 min. or until hot and bubbling. 4 servings

Calculated Nutritional Values Per Serving: Calories 160, Protein 16g, Carbohydrate 13g, Fat 5g, Cholesterol 35mg, Sodium 390mg



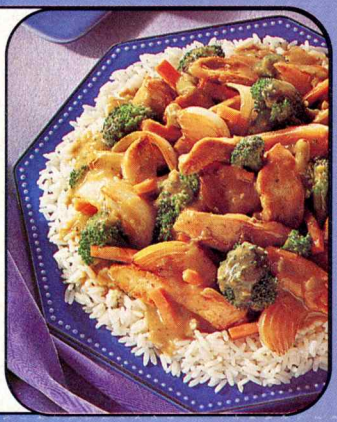
Chicken Stir-Fry

Prep Time: 15 min. **Cook Time: 25 min.**

- **1 lb. skinless, boneless chicken breasts, cut into strips**
- **1 cup broccoli flowerets**
- **1 cup matchstick-thin carrot strips**
- **½ cup onion wedges**
- **1 can (10 ¾ oz.) Campbell's® Healthy Request® Condensed Cream of Broccoli Soup**
- **⅔ cup water**
- **2 tsp. low-sodium soy sauce**
- **¼ tsp. ground ginger**
- **4 cups hot cooked rice, cooked without salt.**

1. Spray nonstick skillet with vegetable cooking spray. Heat 1 min. Stir-fry chicken in 2 batches until browned. Remove.
2. Remove skillet from heat, spray skillet with cooking spray. Stir-fry vegetables until tender-crisp.
3. Add soup, water, soy and ginger; heat to boiling. Return chicken to skillet. Heat through. Serve over rice. 4 servings.

Calculated Nutritional Values Per Serving: Calories 466, Protein 34g, Carbohydrate 69g, Fat 5g, Cholesterol 70mg, Sodium 464mg



Chicken Dijon

Prep Time: 5 min. **Cook Time: 20 min.**

- **1 tbsp. olive oil**
- **4 skinless, boneless chicken breast halves**
- **1 can (10 ¾ oz.) Campbell's® Healthy Request® Condensed Cream of Celery Soup**
- **⅔ cup water**
- **1 tbsp. Dijon-style mustard**
- **⅛ tsp. pepper**
- **4 cups hot cooked rice with parsley, cooked without salt**

1. In skillet, in hot oil, cook chicken 10 min. or until browned; remove. Pour off fat.
2. In same skillet, combine soup, water, mustard and pepper; heat to boiling. Return chicken to skillet. Cover; cook over low heat 5 min. or until chicken is no longer pink, stirring often. Serve with rice. 4 servings.

Calculated Nutritional Values Per Serving: Calories 460, Protein 32g, Carbohydrate 64g, Fat 8g, Cholesterol 70mg, Sodium 460mg